

# Creamy Tomato Soup

**Makes:** 6 Servings

This creamy tomato soup features low-sodium canned tomatoes. This recipe is a great addition to any lunch or dinner and can be served with bread or a sandwich.

## Ingredients

**2 tablespoons** vegetable oil  
**1/2 cup** onion (chopped)  
**2 cloves** garlic (chopped)  
**1 1/2 cups** low-sodium chicken broth  
**1 1/2 cups** water  
**3 cups** low-sodium diced tomatoes (canned)  
**1/2 cup** whole milk  
**1/2 teaspoon** black pepper

## Directions

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook until soft, approx 3 minutes.
2. Add chicken broth, water, and tomatoes, bring to boil. Lower heat and cook uncovered for 25 minutes or until mixture begins to thicken.
3. Remove from heat. Blend in a blender until smooth, if you'd like. Soup can be smooth or chunky. Return to pot and heat over medium heat until soup is hot.
4. Stir in milk and black pepper.